



www.StepOutdoorsColorado.com

## Step Outdoors, LLC

~ Tell Us About You ~

### Personal Contact Information

<b>Name</b>	
<b>Occupation</b>	
<b>Address</b>	
<b>Contact Number</b>	
<b>Email Address</b>	

### The Fine Points

<b>General Physique</b>	<p>Height: _____ Weight: _____</p> <p>Shirt/Jacket Size (Circle One): Small Medium Large X-Large 2 XL 3 XL</p> <p>Pant Size (Circle One): Small Medium Large X-Large 2 XL 3 XL</p>
<b>Stamina</b>	<p><b>How often do you exercise (Circle One):</b> Never 1x a week 2-3x a week 4-5x a week Daily</p> <p><b>What type of exercise do you participate regularly?</b> Walking Jogging/Running Weight Lifting Yoga Other _____</p> <p><b>Can you lift 25 pounds with assistance?</b> Yes No</p> <p><b>How many miles can you walk before a break (Circle One)?</b> Less than a mile One mile Two miles Three miles Four miles More than four miles</p>
<b>I Feel</b>	<p><b>Describe how you feel physically ...</b></p>
<b>I Need/Want</b>	<p><b>We want our clients to feel and be supported.</b> <b>Describe any need/want while you prepare for your adventure (If Any):</b></p>

## Outdoor Experience

<p><b>Excited or Worried</b></p>	<p><b>What do you get most excited about or worried about when being in the out-of-doors?</b></p>
<p><b>Rate Your Experience</b></p>	<p><b>My overall outdoor hiking and backpacking experience is (Circle One)?</b>          Non-Existent   Minimal   Some Experience   Experienced</p> <p><b>Why do you participate in out-of-doors activities (Circle All That Apply)?</b>          Friends   Spouse   Exercise   Feel Better About Myself   Other _____</p>
<p><b>Hiking and Backpacking</b></p>	<p><b>The last time I hiked or backpacked (describe the experience) ...</b></p>

## Food Likes and Dislikes

<p><b>I Like</b></p>	<p><b>What are some of your favorite foods for breakfast, lunch and dinner?</b></p> <p>B.</p> <p>L.</p> <p>D.</p>
<p><b>Allergies/Special Dietary Requests</b></p>	<p><b>Do you have any food allergies or special dietary needs?</b></p>
<p><b>Snacks</b></p>	<p><b>What are your favorite snacks?</b></p>

## New Experiences

<p><b>Goals and New Experiences</b></p>	<p><b>What are three things you would like to try or learn while with your <i>Step Outdoors</i> trip leader?</b></p> <p>1.</p> <p>2.</p> <p>3.</p>
<p><b>Solo</b></p>	<p><b>Would you like to experience a solo while participating in your <i>Step Outdoors</i> adventure? (A solo is time alone apart from everyone else but with checks conducted by the trip leader every ½ hour or hour. Solos can last ½ an hour to a full day depending in desired experience.)</b></p> <p>Yes   No   Don't Know</p>